



Step by step instructions for joining your Zoom consultation with Mary-Jane

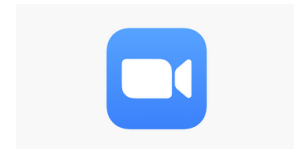
When you booked your appointment, using the on-line diary, you will have received an email that looks like this. You may want to SAVE this somewhere so you have the link when you need it.



If you are using a laptop, you can click on the blue link <https://zoom.us/j/123456789> and this will take you to the meeting. It is really easy.

If you are using a phone or a tablet, you need to download the Zoom app in the App Store or Play/Android Store.

You want the App that has an icon like this (a blue square with a white video camera shape in it)

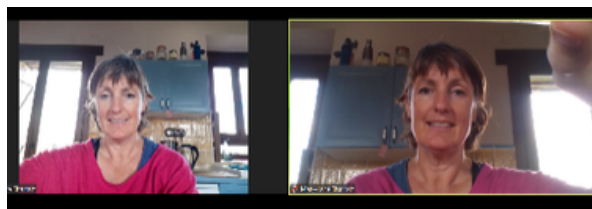


When it is time for your consultation, click on the link in your email, and it will open the meeting in the app. You may get a message asking if you want to join the meeting - click YES. or OPEN or SIGN IN (depends on your device).

You can try this ahead of time to check it works (I will get an email to tell me you have done it, but I won't be there - don't worry, you won't find me on the screen, because I haven't entered the (virtual) meeting room yet).

At appointment time you will find yourself in the virtual meeting room with me (or I will arrive very soon afterwards).

It will look a bit like this (this is me having a meeting with myself in the kitchen!)



If you want to record, or make yourself smaller on the screen, I can show you how to do that when we meet. You may be muted on arrival, but I will unmute you! You can also record the session.

It sometimes takes a minute or two to settle with Zoom at the first meeting - don't worry if you are not sure what to do. It always works out.

Please have a box of tissues and a glass of water to hand, and make sure you will not be interrupted. You may choose to wear earphones and a microphone for privacy too; that is up to you.